Logotherapy Questions for Retired Business Owners

These questions are intended to help your clients reflect on what they need to leave behind from their previous definitions of meaning, so they can open space for a new life of purpose, impact, and fulfillment.

1. What aspects of your business defined your sense of purpose the most?

2. Which parts of your identity were most tied to your role as a business owner?

3. Are there beliefs or routines from your work life that no longer serve your current stage of life? Specifically, if you aren't going into the office after your exit – where will you go?

4. What responsibilities are you now free to release—and what emotions come with letting them go?

5. Which accomplishments from your career still hold meaning, and which ones can you lay to rest?

6. Have you been holding onto a title, status, or recognition that may be limiting your next chapter?

7. What fears arise when you think about moving on from your former professional role?

8. What relational dynamics (with colleagues, employees, or clients) need to be redefined or released?

9. What assumptions have you made about success that may no longer apply to your post-exit life?

10. What possibilities for meaning have you been ignoring while focused on business—and how can you now embrace them?